

Elk Point REVIEW

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Tuesday, September 23, 2014

Vol. 34 No. 38 • \$1 (GST incl.)

Pioneer Circle
Bids farewell to past president

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Elks, Storm
Returning to A. G. Ross Arena

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Awareness walk
at Frog Lake
...Page 8

Trail ride carries on to aid cancer victims

SAM MACDONALD
Review Contributor



Sam Macdonald photo

Back on the trail

Participants in a Sept. 13 trail ride near Heinsburg turn back onto the tree-lined Iron Horse Trail from a staging area in Middle Creek where they had lunch. The ride was done to raise funds for Haying in the 30's.

The Iron Horse Trail, stretching from the Heinsburg Water Tower campground to the Middle Creek staging area, was alive with fellowship, as a group of people came together on Sept. 13 morning to fight cancer.

Horses' hooves, wagons, and quads kicked up the dust as over 50 participants from across the province visited Heinsburg and its rolling riverside hills, to participate. The funds raised for the ride were given to Haying in the 30's.

Gary Etherington, one of the drivers of a participating wagon, described the day as being for "a tremendous cause."

He said, "When you know 100 per cent goes back to the community and those who need it, you know it's a good cause. I couldn't make it to Mallaig for Haying in the 30's, so this is the next best thing for me."

"I think the ride itself is also a great way to catch up with neighbours you haven't seen in a while. It brings people together," he added.

The ride made its course in and out of the woods and along the embankments of the North Saskatchewan River, starting in the crisp morning and following the natural twists and turns of the landscape.

Participants ate lunch at Middle Creek staging area, and proceeded back the way they came to the campsite where the ride began, where supper and camping for the night awaited them.

Leona Durocher, an organizer of the event, said she was impressed with the turnout this year, with people attending from places as varied as Viking, Clandonald and Dewberry.

"It's good to see the support, when you've put in so much work getting things ready."

(Continued on Page 3)

Frontier feminist, cowboy cartoonist highlight 22nd annual NLLS Conference

VICKI BROOKER
Review Staff

There were tales, treasures and a distinct western atmosphere at the 22nd annual Northern Lights Library System Conference in Elk Point on Thursday and Friday, along with a large selection of educational sessions for library staff and board members from across the region.

One of the tales came from Alberta author Diana Davidson, whose debut novel, *Pilgrimage*, was both a finalist for the Alberta Readers' Choice Awards and chosen by the Literary Press Group as one of its five Canada Reads Indies Picks.

Davidson had the rapt attention of her listeners as she read excerpts from her tale, which begins deep in the winter of 189 in the Métis settlement of Lac St. Anne, a community named after the patron saint of mothers and childbirth, and to which people make pil-

grimages, seeking redemption and miracles. She told of Mahkesis Cardinal, a beautiful young Métis woman fearing that soon she will have to reveal a secret that will bring her shame, and which makes her feel "as trapped as the marten and muskrat" that are brought to the settlement's Hudson's Bay store, and of Moira Murphy, an Irish Catholic girl who falls in love with Mahkesis' brother, Gabriel.

"I wanted to write about women's lives, and their resiliency," she said. Davidson is not of aboriginal heritage, "but I grew up around people living traditional lifestyles." She told the audience that she had "learned a lot about Alberta history while I was writing the book. The research was half the fun. I was lucky to have resources like Fort Edmonton Park so I could get a sense of domestic life in those days. I relied a lot on Fort Edmonton."

(Continued on Page 2)

Author Diana Davidson signs a copy of 'Pilgrimage for County Coun. Dwight Dach.



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NLLS

(Continued from Front Page)

The Riel Rebellion had recently "changed the face of Canada" at the time of her story, and Davidson says it was "a tremendous time of change in northern Alberta," with the fur trade dying out, agriculture not yet established and more and more European settlers arriving in Edmonton. This led to what she called "interesting multiculturalism. I tried to tell this through the story of Gabriel and Moira," as they dealt with the ramifications of having spent the night together on St. Anne's Feast Day.

The novelist's presentation was followed by the first two sets of sessions, with topics ranging from preschool programming to productive workplaces, before participants enjoyed dinner and welcome messages from Mayor Parrish Tung, NLLS Director Mircea Panciuk and board chair Arnold Hanson.

Panciuk introduced conference committee members Colette Poitras, Patty Mathiot, Jane Fisher, Kim Malette, Tracy Jamieson, Diane Babcock and Brigitte Sakaluk, noting that "every year, our conference themes and decorations get better and better," and added thanks to all the NLLS staff, the presenters, exhibitors, and sponsors including the Elk Point Chamber of Commerce and Servus Credit Union for their part in the conference.

Panciuk and Hanson then had the honour of presenting retirement gifts to Anne Godziuk, who has been a salaried employee of Northern Lights for the past 19 years as the librarian in Myrnam. Godziuk is retiring after 35 years of volunteering and working in the school and library.

Thursday's program wound up with the second keynote speaker, western singer, songwriter, entertainer and cartoonist Ben Crane.

Crane hails from Eckville, Alberta and is known for both his art on Leanin' Tree greeting cards and his "clean but slightly twisted rural humor." He started off by singing "I'm My Own Grandpa" and then told the story of one of his original songs, "On The Prod Again," which he said was written about his sister-in-law after her first baby was born. "I like to see the similarities and differences between people and animals," he joked, noting that the new mother was as fierce as any protective mother cow.

Crane showed his serious side with Hank Snow's "Blue Canadian Rockies" which he said was "my nod to the veterans," an original titled "Ain't Nothin' Like Alberta" and some classic country form Don Williams and Ricky Skaggs. A Celtic instrumental number, "The Setting of the Sun" with pipe and guitar showed his versatility.

Tough times and the need to find a silver lining prompted Crane to record an album called 'Hard Times,' which included a Flatt and Scruggs number, "The Good Times Outweigh the Bad." Back to the comedy, and illustrated with some of his funniest cards, was a number inspired by his visit to the Caribbean, "Geezer in a Speedo," while another unfortunate encounter inspired "Bees in the Outhouse."

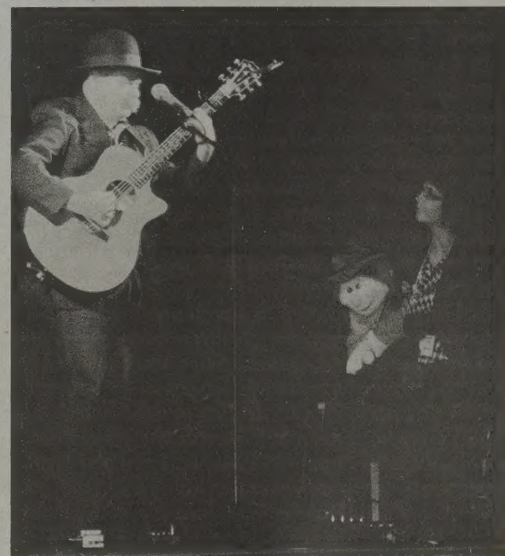
A victim of his mother's unintentional use of Thalidomide before his birth, Crane has one deformed hand, but told the crowd he is living proof that "you don't have to be perfect to be useful." His wife, however, is perfect, he said, and would up the show with "She Don't Know It, But She's Perfect."

Friday's conference program offered participants 16 more educational sessions, ranging from emergency preparedness and geocaching to the prevention of cyberbullying.



Northern Lights Library System board chair Arnold Hanson (left) and NLLS Director Mircea Panciuk present retiring Myrnam librarian Anne Godziuk with a retirement gift.

Singer, songwriter and cartoonist Ben Crane gets a little help from a puppeteer friend as he sings Flatt and Scruggs' song, "The Good Times Outweigh the Bad."



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ELK POINT

Mobile home in Elk Point, with many upgrades. The interior has all new drywall and laminate flooring. The bathroom is new. The living room has a wood pellet stove for those chilly winter days. There is a large 12.5' X 44' deck off the back door as well as an 8' X 11' covered deck at the front door. Payments on this property are much less than rent. The seller is motivated.

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ELK POINT

An immaculate home and property located on Circle Drive in Elk Point. Everything on this property has been upgraded and maintained to the highest standards. The basement is completely finished and includes two bedrooms, one with its own ensuite, a family room and a den. Words cannot describe the finish and decor of the basement. The property also includes a double heated garage and a yard and garden that is groomed to perfection.

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ELK POINT ACREAGE

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Sat., Oct. 4, 2014 Smoky Lake, AB

Friday, October 3, 2014 (Smoky Lake Complex Arena) 5 - 8 pm

- * Registration for Pumpkin, Squash, Watermelon, Long Gourds and Field Pumpkin
- * Free Family Entertainment, Pie and Coffee, 7 - 9 pm

Saturday, October 4, 2014 (Main Events are held this day)

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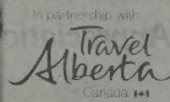
- * "Fun Run" Family Race (Ironhorse Trail, Downtown) 9:00 am CN Station
- * Archery Fun Shoot (At Ferry by Museum) 9:00 am
- * Farmer's Market (Beside Complex and at the School) 9 am - 4 pm
- * Music by the "Northern Kings" (Complex Hall) 9 am - 12 Noon
- * Face Painting, Balloon Art and Children's Crafts (Complex Hall)
- * Entertainment by Christine Horne (Complex Arena) 10 - 11:30 am
- * Seniors Garage Sale (Senior's Centre, Downtown) 9 am - 4 pm
- * Studio 28 Art Show and Sale (National Hall - Downtown) 10 am - 5 pm
- * Museum Open (North of Complex) 11 am - 4:30 pm
- * Threshing Bee (Next to the Museum) 2:00 pm

- * NOON - WEIGH-OFF for Pumpkins, Squash, Watermelon, Long Gourds and Field Pumpkins with Guest MC Andrew Grose (Arena)
- * Iron Cruisers Show and Shine (Downtown) 9 am - 4 pm
- * Pumpkin and Squash Auction (Arena) 3 pm
- * Beer Gardens, Lunch Services (Curling Rink, Downtown) 11:30 am - 4:30 pm
- * Giant Pumpkin Drop (West of Complex) 5:30 pm

Sunday, October 5, 2014 (Only Event)

- * Pumpkin Classic Golf Tournament (Smoky Lake Golf Course) (Weather permitting) Tee Time at 12 Noon

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So sad to see you go...

Lucille Smith presented former Elk Point Pioneer Circle president Deanna Easthope with a farewell gift from the seniors' organization on Thursday, when the members of that group and others Easthope has been involved with gathered to wish her well in her new home in Cardston, Alberta.

History buffs needed

Time has taken a toll on the membership of both the Elk Point Historical Society and the Friends of Fort George and Buckingham House. More members are needed for both groups if they are to continue operation.

Want to find out more about these groups? Drop by Elk Point Municipal Library at 7 p.m. on Wednesday and learn how they help to preserve our area's history.

Trail

(Continued from Front Page)

However, this year, a familiar face was missed. Dave Bowers, a volunteer for the trail ride, noted that Roy Scott's absence was palpable, after he passed away last month.

Scott was a survivor of cancer and founder of the ride with his wife Marge Scott. The Scotts started the ride after losing their son to cancer, as a way to give support to those whose lives have also been affected by the disease.

Bowers said, "I think Roy would be proud that the trail ride is still happening. It was his pet project."

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Capsule Comments

by Your Natural Choice Apple Drugs
Pharmacy Manager, Chris Letawsky

- We mention exercise a lot in this column but what does it really do for your heart? It improves the health of your blood vessels so they open up and blood flows more freely through your body. It also helps your nervous system reduce your heart rate. Your heart loves you when you exercise. Make it part of your day...every day.
- Food allergies can occur at any age but most often occur in children under the age of five. The top ten foods that cause allergies are: eggs, milk, mustard, peanuts, seafood, sulphites (preservatives found in dried fruits), sesame, soy, tree nuts, wheat and other gluten-containing grains.
- The United Nations has a goal to have at least 50% of the world's newborn babies be breast-fed for at least 6 months by the year 2025. It is well understood that this practice will give the child a better start in life with better nutrition and a stronger immune system. UN experts say that if 100% of all newborns were breastfed for the first six months of life, 800,000 lives could be saved yearly.
- Sleeping problems can be caused by snoring, sleep apnea, restless legs syndrome, talking during sleep and just inability to sleep through the night. Often this causes problems for the spouse of the person with the sleep disorders. One solution that can help is separate beds or even separate bedrooms. We all need a good night's sleep and if you feel this could help, give it a try.
- The people who work in our pharmacy are our greatest asset. Let one of them serve you soon.

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EDITORIAL

If it's not broke...

New Alberta Premier Jim Prentice seems to be following the old rule of, "If it's not broke, don't fix it."

In the space of just one day last week, he nixed the new design that would have had all of us changing our license plates, saving Alberta taxpayers \$15 million, and halted the closure of the Michener Centre, allowing those still there to stay and the residents already displaced to return if they wish, much to the relief of their families.

Sometimes progress involves taking a second look before moving forward.

Way Back When...

Move, run, bite

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF SEPT. 23 IN...

1984

Elk Point Chamber of Commerce found a temporary home at the Pioneer Circle Hall while an addition was built on the Empress Restaurant, with meetings moved up to 11:50 a.m. so they would be over in time to set up the hall for afternoon bingo. Mary Bennett of the Fort George - Buckingham House Restoration Committee updated the Lakeland Tourist Association on the brief she presented to the Northern Alberta Development Committee regarding stabilization and preservation of the sites, with reconstruction of the forts a preferred alternative.

1989

Elk Point Agricultural Society gratefully accepted a fourth annual \$25,000 Alberta Lottery Fund grant from MLA John Drobot, with large portion of the funding earmarked for a new Zamboni, the rest for capital debt repayment. Mayor Bruce Kleeberger and school trustee Janice VanMaarion returned to office by acclamation but needed an extra day for council nominations, with seven names vying for six seats.

1994

Participation was up for the Terry Fox Run, with 34 participants as compared to 29 in 1993, and \$3,274.85 in pledges, top fundraiser Peggy Maas exceeding her last year's total by more than \$200 to bring in \$1,169 of the total. The A. G. Ross Arena Operating Committee discussed buying the heavily used facility from the Elk Point Agricultural Society, but agreed the best solution was to stay together and work together.

1999

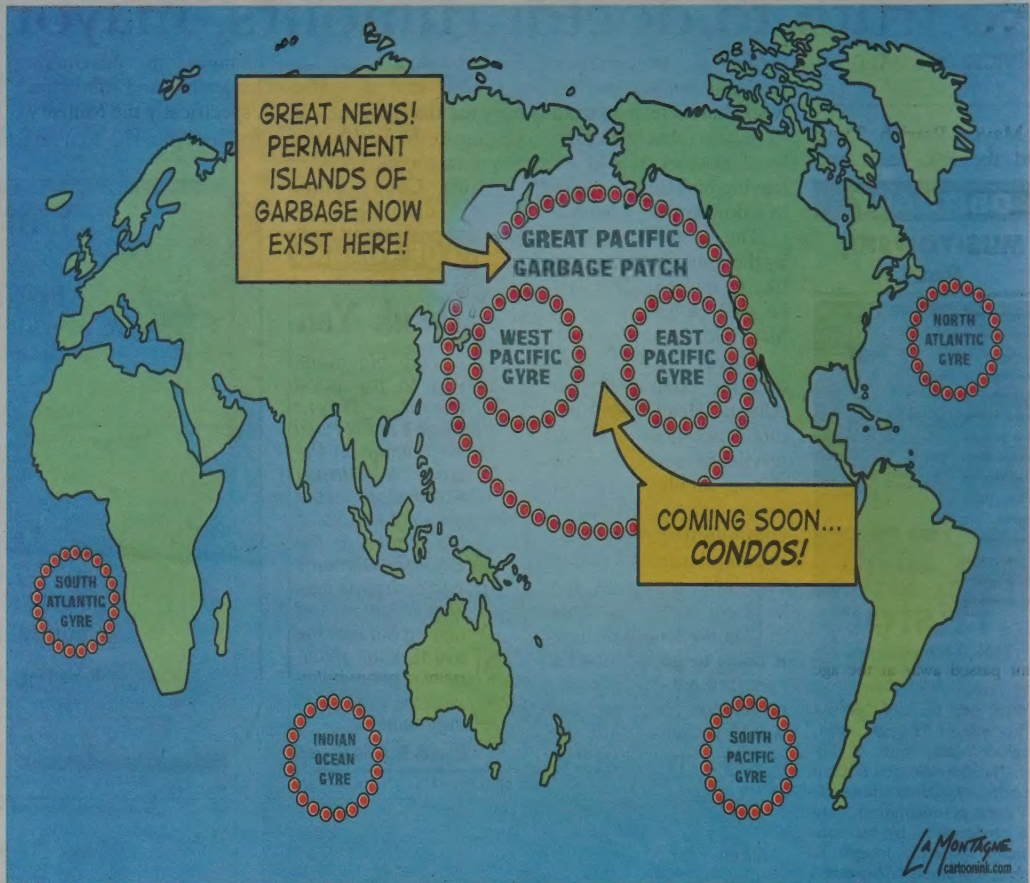
Downtown beautification ideas presented to the chamber of commerce were many and varied and included flagpoles, flowers and benches, an improved tourist information centre and a band shell at the foot of Main Street. A new provincial infrastructure grant of \$30 per capita for each of two years and \$60 per capita in the third year had town council considering street improvements in many areas of town.

2004

The new Animal Control Bylaw put the bite on pet owners by making it mandatory to license all cats and dogs within town limits and listing responsibilities of pet owners. A lack of interest in Elk Point's Citizens On Patrol Society (COPS) had the Community Advisory Policing Committee concerned over the future of the valuable program.

2009

A regional water system with a pipeline that would connect Elk Point to St. Paul's water treatment plant was seen as a benefit to both town and county residents when Mayor Parrish Tung asked those present at an open house for comments on the options for the town's future water supply. Council planned an overhaul of the section of its land use bylaw dealing with signage, its location, size and spacing restrictions.



HERE'S HELP

Talking to teens about smoking

COMMUNITY WIRE

Make no mistake about it - cigarettes are a deadly and highly addictive drug. The fact that they are also legal makes them all the more dangerous. Technically, it is illegal in many regions for anyone under 19 to buy cigarettes, but this doesn't stop many teens from getting hold of cigarettes. Your best defence is to understand the roots of teenage smoking and be an informed and positive role model.

Tips and tools you can use

You can save your teen the painful—and sometimes unsuccessful—process of quitting smoking by convincing them not to start. If your teen is already smoking, discussing the social and health risks may encourage an attempt to quit. Here are a few tips to try:

Social pressures

■ Smoking is promoted as being glamorous or sophisticated; help your teen recognize that the truth is plain ugly.

■ Talk about how smoking makes your clothes, hair and breath smell bad.

■ Talk about how it can permanently stain teeth and fingers yellow.

■ Discuss the cost. Smoking is an expensive habit and can cost hundreds of dollars a year, or more; talk about how the money could be better spent.

■ Nowadays many people shun smokers and consider cigarettes a nuisance.

■ Contrary to popular belief, smoking does not help you stay slim.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

Health risks

■ Cigarettes contain two hazardous substances: tar and nicotine.

■ The effects of tar are immediate: tar in the lungs causes coughing, wheezing and a sore throat.

■ Short-term effects of nicotine are headache, nausea and dizziness.

■ Long-term effects of nicotine can include lung and throat cancer, emphysema and bronchitis. Smoking causes more than 80 per cent of lung cancer cases.

■ Chewing tobacco can cause cancer of the mouth.

■ In total, tobacco use causes roughly 40,000 deaths per year in Canada.

Teaching by example

■ Modeling positive choices is far more effective than just talking about them.

■ If you are a smoker, the best way to encourage your teen not to pick up the habit is to quit.

■ Not only will you be helping your youngsters avoid the perils of smoking, but you will also improve your own health.

Quitting

■ Your teen's doctor can recommend appropriate quitting methods.

■ Medication by tablet, patch and/or nicotine gum may be prescribed.

■ A number of excellent self-help programs are available for those looking to quit smoking at any age. For resources in your area, search online, or talk to the local branch of the Canadian Cancer Society.

While you cannot truly ensure that your teens will not smoke or become addicted to cigarettes, you can work on maintaining a good relationship with them. You will achieve this by spending time with them, making them feel that they can talk to you about anything, and above all, reinforcing at every step that you will be there for them with your love and an open mind, helping them make the best possible choices for themselves.

Elk Point Review

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Vicki Brooker
EDITOR



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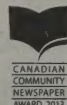


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Canada

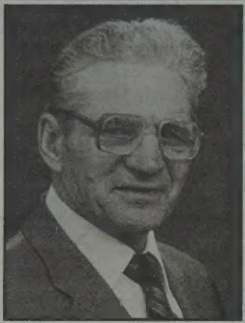
No truth to doctor rumours, mayor tells Interagency

VICKI BROOKER
Review Staff

Mayor Parrish Tung told the Elk Point and

OBITUARY

**MUSIYOWSKI,
Paul**



On September 17, 2014, Mr. Paul Musiyowski of Elk Point passed away at the age of 93 years.

Paul will be sadly missed by his wife of 71 years, Olga; daughter-in-law, Sonia; 2 children, Natalka (Michael) & Allan (Sharon); 9 grandchildren & 12 great-grandchildren. He was predeceased by his son, Leonard; parents, Joseph & Sophie; 8 brothers & 2 sisters.

Funeral Service was held on Monday, September 22 at 10:30 a.m. at Holy Eucharist Ukrainian Catholic Church, Elk Point. Reverend Father Mark Sych officiated, with interment in Holy Eucharist Ukrainian Catholic Cemetery, Elk Point. If desired, donations may be made to Heritage Lodge or Parkview Extended Care, Elk Point c/o 5626 - 51 Street, St. Paul, AB. To send condolences online, please visit www.gracegardensfuneralchapel.com.

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District Interagency Health Committee last week that there is no truth to rumours that one of the local doctors would be leaving his clinic to move to a downtown location.

The doctor was upset by the rumours and would like to make it clear that he will be remaining in his clinic, the mayor said.

Mayor Tung also told the committee that Alberta Health Services might not grant hospital privileges to a new doctor if one should choose to locate here. AHS reviews communities on an ongoing basis and makes decisions regarding the need for additional doctors on the length of time it takes to get a doctor's appointment in a community. In Elk Point, this would be within a week and very often within 48

hours, he said.

The mayor also reported that new staff is starting at the health care centre this week.

Town Coun. Lorne Young discussed the

changes in provincial leadership and ministries, specifically the Ministry for Seniors. The commit-

tee discussed what this may mean for increasing affordable and appropriate senior housing, which

is needed in communities such as ours, which has a large population of seniors.

CARD OF THANKS

Thank You

A very big thank you to my good friend, **David Hughs** of Elk Point for putting on the **Golf & Dinner Fundraiser** event for **Julia**. Also, a big thanks to the **Elk Point Oilmen's** and everyone else who donated and helped out with the event. Your generosity is overwhelming and very much appreciated.

Blaine & Julia Farrell

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In loving memory of
Violet E. McFadyen



April 25, 1916 -
September 28, 2011

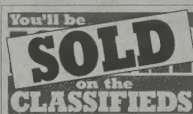
In our hearts, you are so fondly remembered
Beautiful memories cling to your name
We do not need a special day to bring you to our minds -
You are with us in our thoughts every day, all year long
Each morning when we awake we know you are not with us
And no one knows the silent heartache as we try to carry on
You will always be so loved, so cared about
There are no words to describe what you mean to us
And how much we miss and long for you, Mother
Your gentleness, kindness, caring ways, your beautiful smile
Along with your wisdom, many talents and much more
Are treasured memories so dear to us
To hear your voice again, to visit auburn, to hear you playing the piano
To watch you picking sweet peas in your garden or to see you rushing off in your car
To yet another meeting - what a precious gift this would be to us
Thanks for the wonderful years you gave us and the happy times we shared
Life is not the same since you went away
Lovingly remembered,
Chris and family, Malcolm, Marjorie and family, Myrna and Bill

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130. Coming Events**FIRST CANADIAN** Collector's Club Antiques & Collectibles Show & Sale. Sat., Oct. 4, 9:30 a.m. - 4:00 p.m. Thorncliffe-Greenview Community Hall, 5600 Centre Street North, Calgary. Admission \$4.**200. Business/Invest. Oppor.****BUSINESS AVAILABLE IN ALBERTA**

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Countertops: Established 1994, sales \$900,000. Cash flow \$211,000. Priced \$280,000.00, located in growing city.

Fitness Business: Sales \$800,000, cash flow \$213,423. Priced \$450,000.

Butcher Shop: Sales over \$800,000, cash flow \$140,220. Priced \$700,000.

Detailing Shop: Strong customer base, annual sales over \$400,000, cash flow \$200,000 before management wage, priced \$250,000.

Franchise Restaurant: Well established operation, sales \$336,913, priced at \$120,000, cash flow \$87,000, owner very motivated to sell.

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Senior Elks, Peewee Storm forecast for 2014-15 hockey season

Hello out there! We're back! How was your summer? Too short, of course, just like mine! But here we are in September and after that one killer frost, the days have been great.

I don't know about you, but I'm finding it hard to think about hockey when it's been so nice outside this past week. Today or tomorrow they are coming to fire up the plant and we will start to make ice. In a week or ten days, we will be skating, depending on the number of volunteers we have, how many break downs we have, and the weather. Cold weather is better when it comes to making the ice, but I'm really having some mixed feelings about that!

Just in case you haven't noticed this past week, we have a mason come and replace some blocks and repair the northwest wall of the building. He also did some repair work on other cracks in the blocks on the northeast corner

and in the Zamboni room. This is a job that has been on the books at least five years, but you just try and find a contractor to come and do it!



**doug
BASSETT**

Review Sports

One job down, but there is always other work that needs to be done, like repairing the leaks around the vents on the flat roof; the heavy rains this past summer did some major damage to the ceiling in dressing room number four. A little tar should do the trick but this needs to be done soon before the weather turns too cold for a good seal. At the end of the season, we replaced our number one main compressor, which by the way is not cheap, but for

sure something else is bound to need fixing when the plant does start up. But the biggest hurdle of all, I suspect, will be the lack of a ice maker/caretaker. As of press time no one has applied for the job. Do you know of any takers for the ice maker?

Enough of the negative, let's try and give you some good news. The Elks Senior Team has been approved to play in the league and is starting up again this year after many, many years. Try outs will be in a few weeks. There's lots of good young talent around our town that should be showcased.

And the Storm is coming! The all-new Peewee Girls Storm is also a go for this year after being absent for many years. They still have room for some female players but have enough committed to hit the ice.

Now for the K.A. Campbell quote of the week: "Forget about talent; worry about results."



Stay calm and party on!



Rain may have sent F. G. Miller High School's back-to-school street party indoors, but Principal Colin Bjorkman and Vice-Principal Darcy Younghans found a dry spot for their grill as they and the FGM students celebrated the beginning of a new school year.

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Frog Lake holds awareness walk

JON SVEC

Review Contributor

Frog Lake First Nation hosted a walk on Sept. 19 meant to raise awareness regarding drugs, alcohol, and violence in the community.

Mona Mercredi, one of the walk's participants, had at least one specific person on her mind when she set out on her trip – a member of the community who had previously taken his own life.

"I'm wearing his jersey today on behalf of his family," she said.

Mercredi, who has been a resident of the community for 29 years, was hoping the walk would get some people's attention. "This is going to be an eye-opener, hopefully, for the whole community," she said. "We're mainly targeting the younger ones, because there is more violence on the reserve through drugs and alcohol, and they take their lives over it."

According to Shirley Quinney, one of the event organizers, the initiative was sparked by some of the senior members of the community, in the hopes that future gen-

erations will get the message. "It's actually the grandmothers that are crying out for help," she said. "It's our children that are affected by this, and that is who we are doing this for – our kids, our grandkids, and those yet to come."

A busload of students from Chief Napeweaw Comprehensive School also participated in the walk. The school's principal, Dale Steinhauer, felt their participation was an important addition to the event.

"We're here to represent the families of Frog Lake," she said. "We believe that there is some awareness that needs to be created

with the drugs and the alcohol that bring the violence to our people. We want to be part of a group of people who are addressing it in a real way, and recognizing that there is a problem here."

Steinhauer feels that spreading the message is an important step in the process. "The solution is to create more awareness, and to help these young people, these students, understand what their role in this is," she said. "If there is inter-generational violence, if there is inter-generational trauma, then our students need to understand that they can be the generation to stop that violence from continuing."



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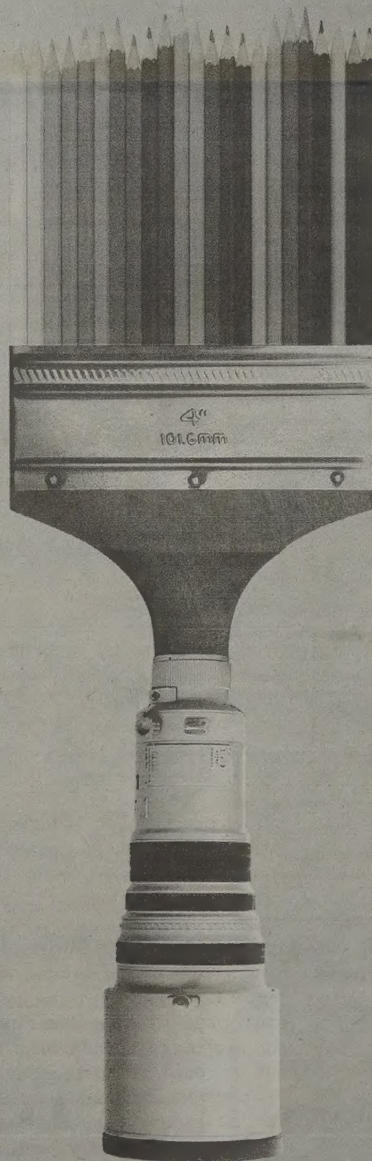
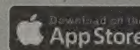
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